

# Soul-Healthy Cornbread

**Makes:** 12 servings

## Ingredients

- 1 cup** cornmeal
- 1 cup** flour (all purpose)
- 1/2 cup** sugar
- 2 teaspoons** baking powder
- 1/2 teaspoon** salt
- 1 cup** low-fat buttermilk
- 1/2 cup** applesauce, unsweetened
- 4** egg whites (1/2 cup)
- 2 tablespoons** vegetable oil

## Directions

1. Preheat oven to 400 degrees. Lightly spray and 8 inch square pan with vegetable oil cooking spray.
2. Mix dry ingredients in an medium-sized mixing bowl.
3. Add the rest of the ingredients and mix well by hand.
4. Pour the batter into the sprayed pan and shake to make it level.
5. Bake until a toothpick inserted in the center comes out clean, about 25 minutes.
6. Allow to cool, then cut into 12 squares.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>N/A</b>
<b>Total Fat</b>	<b>N/A</b>
Saturated Fat	N/A
Cholesterol	0 mg
<b>Sodium</b>	<b>N/A</b>
<b>Total Carbohydrate</b>	<b>29 g</b>
Dietary Fiber	1 g
Total Sugars	11 g
Added Sugars included	N/A
<b>Protein</b>	<b>4 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

**Source:** Food and Health Communications, Inc., Cooking Demo II, p.166